

Enhancing Reproductive Well Being through One Key Question[®]

National Organization of State Offices of Rural Health Annual Meeting

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Power to Decide

POWER
TO DECIDE

Who We Are

We believe that all young people should have the opportunity to pursue the future they want, realize their full possibility, and follow their intentions.

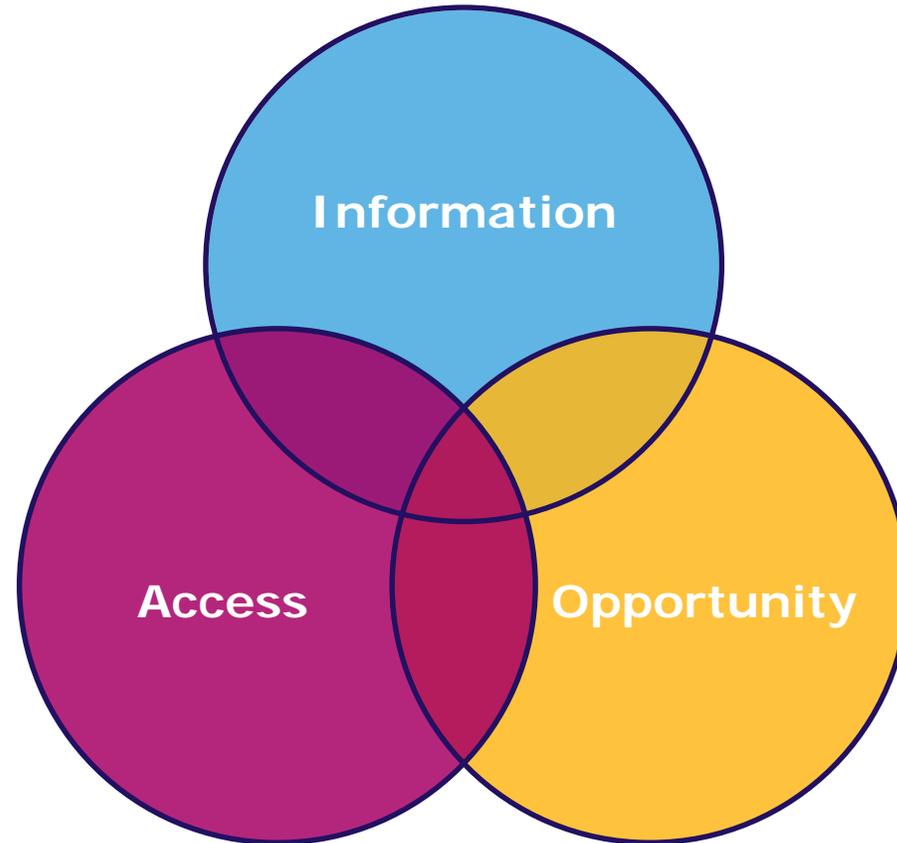
These beliefs guide our work to ensure that all young people have the power to decide if, when, and under what circumstances to get pregnant and have a child.

We provide:

- Objective, evidence-based information about sexual health and contraceptive options.
- Work to guarantee equitable access to and information about the full range of reproductive health services.
- We are a national, non-partisan organization that is committed to common ground, common sense solutions and catalyzing innovation in the public and private sectors.

MULTIFACETED APPROACH

How do we build a system of support for all young people – no matter who they are or where they live – that gives them the power to align their intentions with intentional behavior?





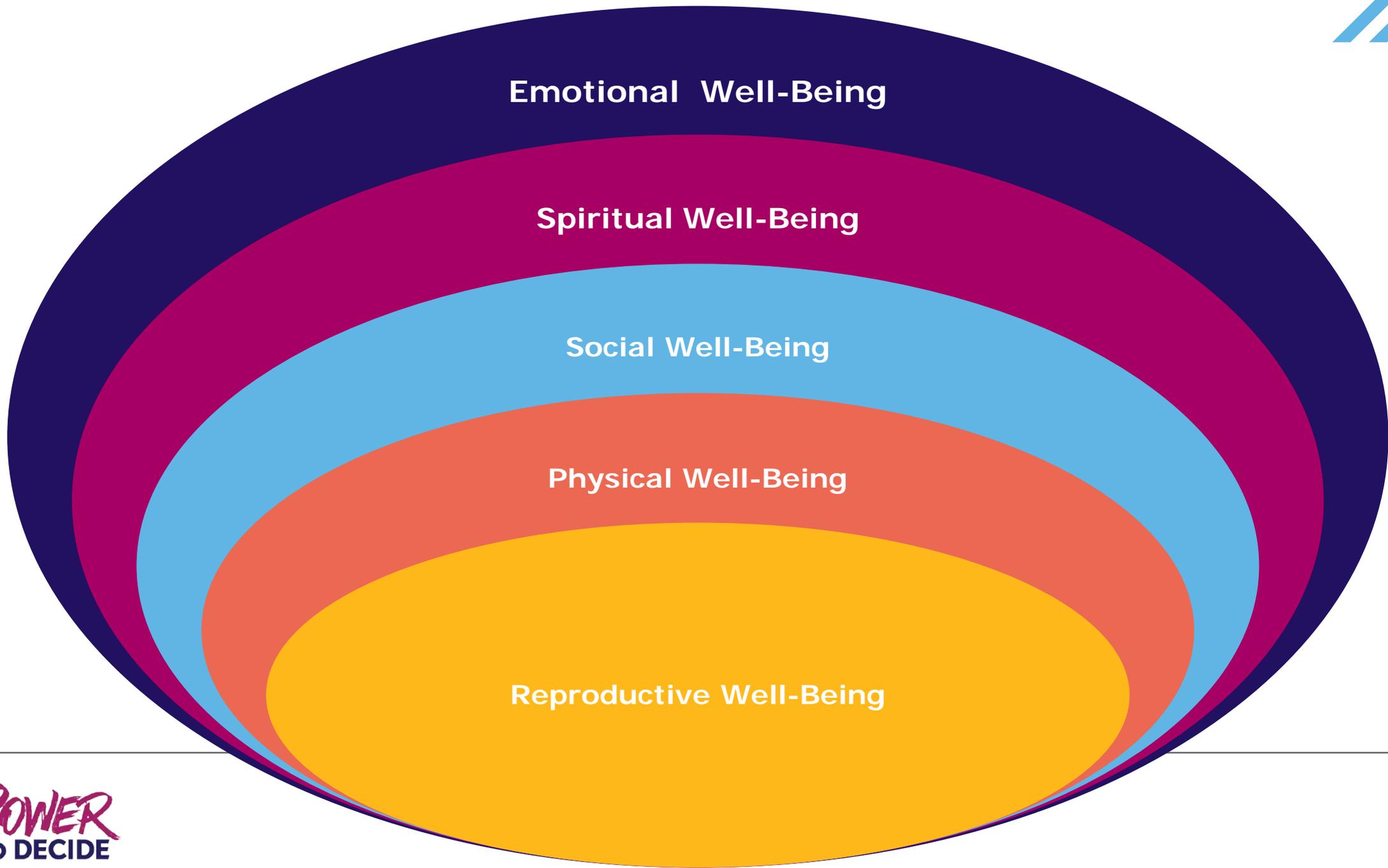
Turn to your neighbor.
Introduce yourself and answer the question:

What does Reproductive Well Being mean to
you?

REPRODUCTIVE WELL-BEING: HERE'S WHAT WE KNOW



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HOW MIGHT WE...

Build a culture that values and provides a system of support making it possible for every person to achieve reproductive well-being?

A culture in which all people—no matter who they are or where they live—to have the power and services necessary to determine if, when, and under what circumstances to have a child and to support a healthy start for the next generation.



TRANSFORMING HEALTH

- Build a shared vision for ensuring that all are surrounded by a culture that supports their overall reproductive health and well-being.
- Create a collective shift in the narrative to support a new definition of what a Culture of Health looks like for people.
- A culture in which all sectors recognize and support person-centered approaches



VISION FOR REPRODUCTIVE WELL-BEING

We envision a culture that values and provides a system of support that makes it possible for every person—no matter who they are or where they live—to have the power and services necessary to determine if, when, and under what circumstances to have a child and to support a healthy start for the next generation.



REPRODUCTIVE WELL-BEING MOVEMENT: WORK TO DATE



BLUEPRINT FOR ACTION

The national Blueprint for Action outlines key steps for collective action among leaders and influencers to transform culture and systems to ones that provide everyone the support they need to achieve reproductive well-being. The Blueprint for Action includes:

- A shared measurement framework with culturally-responsive and linguistically-appropriate benchmarks for short-, medium- and long-term progress
- Key actions to support macro-level leadership and culture change
- Key actions for national, regional, and local partners
- A place-based roadmap for local change



Local Implementation Roadmap

- Toolkit to support community implementation
 - Informed by two Expert Panel meetings and subsequent feedback
- Provide strategies and tactics within four areas of action:
 - Health Equity
 - Policy
 - Education and Communication
 - Healthcare Delivery
- Guided by the principle that every person has the right to have their views, values, and decisions related to reproductive well-being be respected regardless of race, culture, gender, sexual orientation and identity.



Faith-Based Organizations:

- Mosques
- Churches
- Synagogues
- Youth Groups



Housing:

- Community Colleges
- Neighborhood Assn.
- Public Housing
- Shelters



Education

- Community Colleges
- High Schools
- Elementary Schools
- Daycare Settings
- Head Start
- Technical Schools

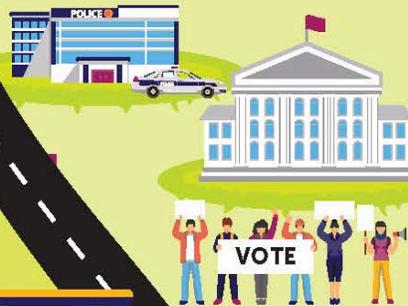


YOUR COMMUNITY ROAD MAP



Civic Life:

- City Departments
- City Council
- State Representative
- Community Petitions
- Child Protective Services
- Foster Care
- Justice System
- Libraries



Local Business:

- Nail Salons
- Barbershops
- Comer Stores
- Coffee Shops
- Bars



Transportation:

- Bus Stop
- Gas Station
- Mechanical Shops
- Ride Shares
- AAA



Arts & Culture:

- Parks and Recreation
- Local Entertainment
- Concerts
- Movie Theaters
- Malls
- Community Festivals
- School Events
- Sports Games



Non-Profits:

- Boys and Girls Club
- Rotary Clubs
- Food Banks
- After School Programs
- Alcoholics Anonymous
- Shelters



Healthcare Settings:

- Community Health Ctrs.
- Title X Clinics
- Pediatrician Offices
- Dentist
- Pharmacies



HOW DOES ONE KEY QUESTION[®] FIT IN?



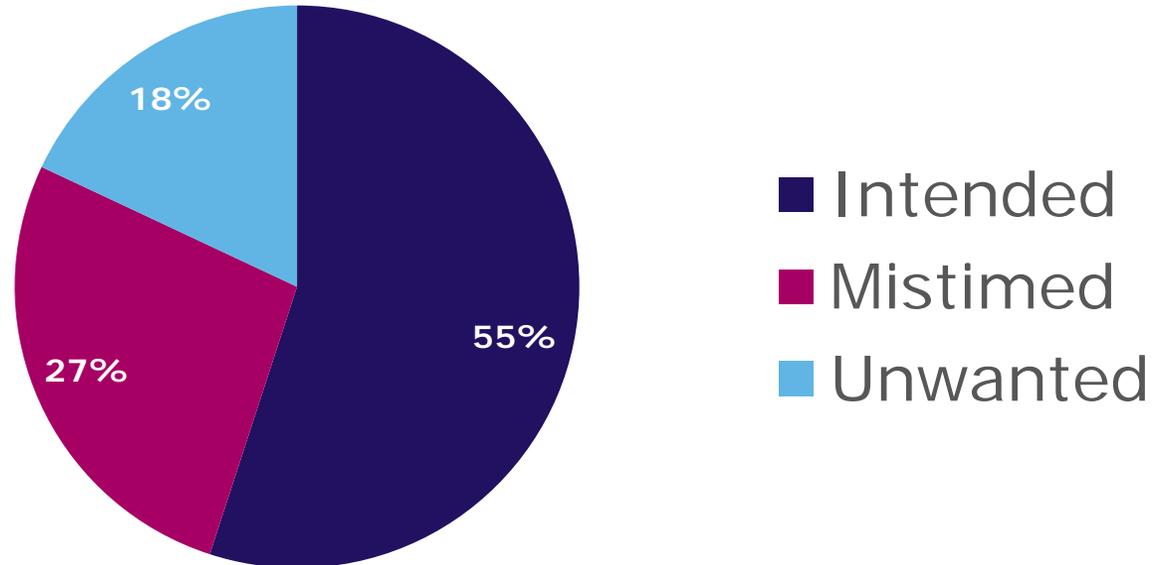
WHY ONE KEY QUESTION[®]?

› ONE KEY QUESTION[®] A PROGRAM OF **POWER TO DECIDE**

PREGNANCIES BY INTENTION STATUS



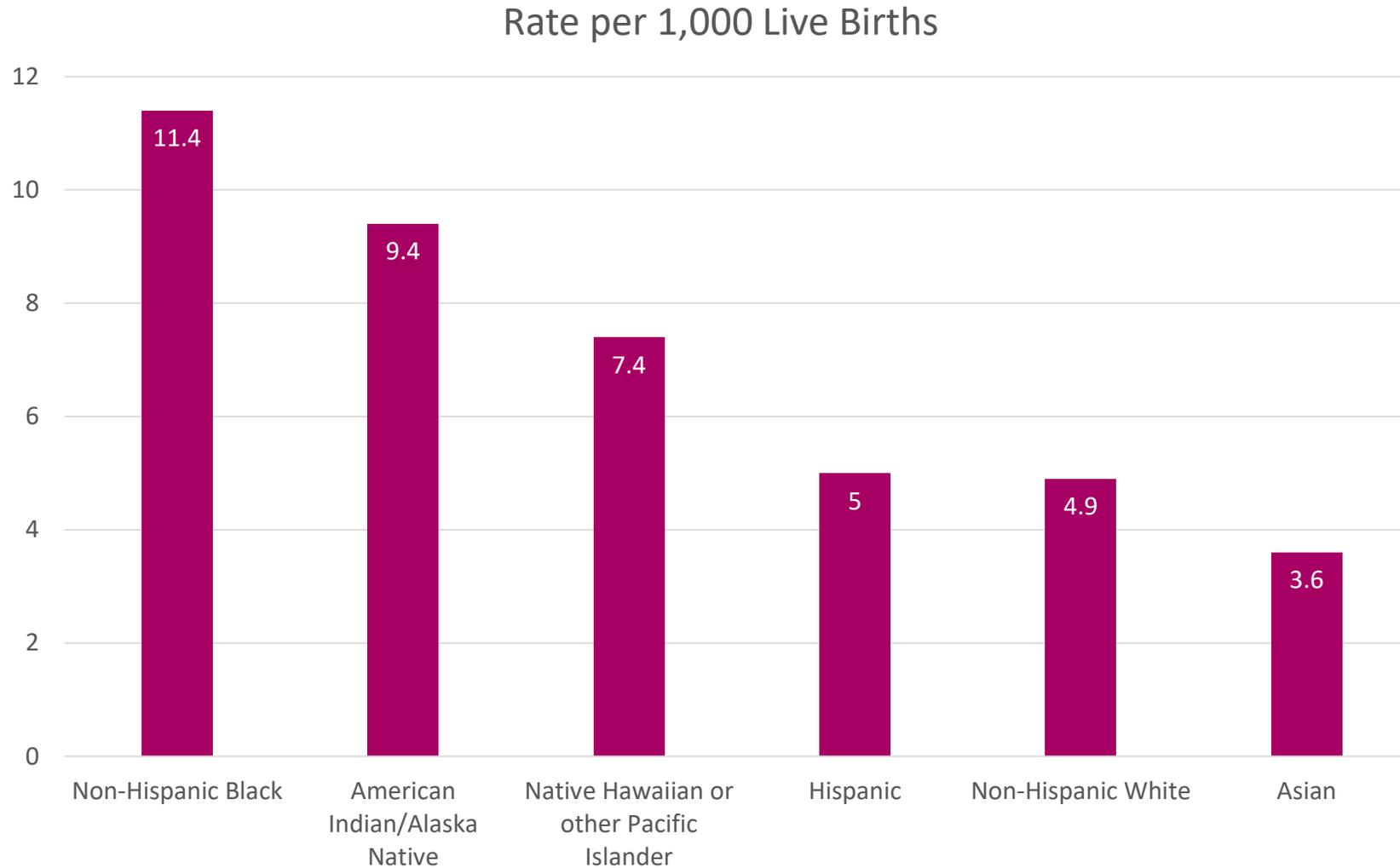
Nearly half of U.S. pregnancies were unintended in 2011.



UNPLANNED PREGNANCY RATES BY INCOME AND RACE/ETHNICITY, 2008 VS 2011



Infant Mortality Rates by Race and Ethnicity, 2016



LIFETIME RISK

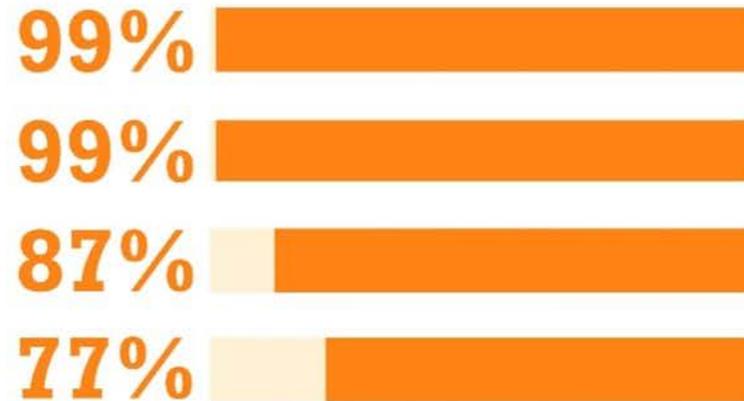


	Lifetime risk for women in United States
Cervical Cancer	.6%
Alcohol Dependence	2.5%
Breast Cancer	12.4%
Hypertension	27.7%
Diabetes	38.5%
Unintended Pregnancy	48%

LACK OF KNOWLEDGE

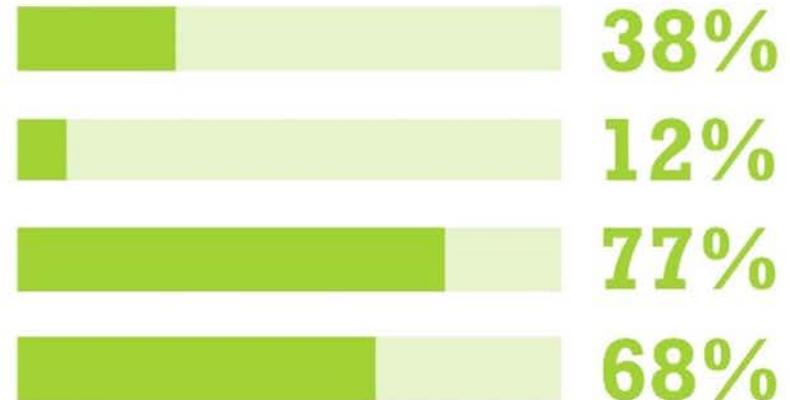


PERCENTAGE OF PEOPLE WHO HAVE HEARD OF VARIOUS METHODS OF BIRTH CONTROL



PILLS

PERCENTAGE OF PEOPLE WHO SAY THEY KNOW LITTLE OR NOTHING ABOUT VARIOUS METHODS OF BIRTH CONTROL



CONDOMS

IMPLANTS

IUDs

HOW OKQ FITS IN

- An algorithm to improve screening and follow-up care across patient populations.
- Client response categories to pregnancy intentions reflects the continuum rather than only binary response options.
- Focus on the opportunism of OKQ to promote best health outcomes.
- Emphasis on equal support to those who want to become pregnant as well as those who do not, and those in between.

"Would you like to become pregnant in the next year?"

THE GOAL OF OKQ IS NOT TO PUT PEOPLE INTO 'YES' OR 'NO' CATEGORIES

We want to:

- Start a conversation about preventive reproductive health in multiple settings (primary care, family planning, home visiting programs, etc.)
- Support clients in their own goals for if, when, and under what circumstances to become pregnant

IF YOUR CLIENT ANSWERS...YES



- Pre/Interconception Care
- Screen for conditions that can affect pregnancy
- Review medications
- Counsel on nutrition, exercise, substance use
- Folic Acid
- Benefits of birth spacing
- Refer to medical provider

IF YOUR CLIENT ANSWERS ...NO

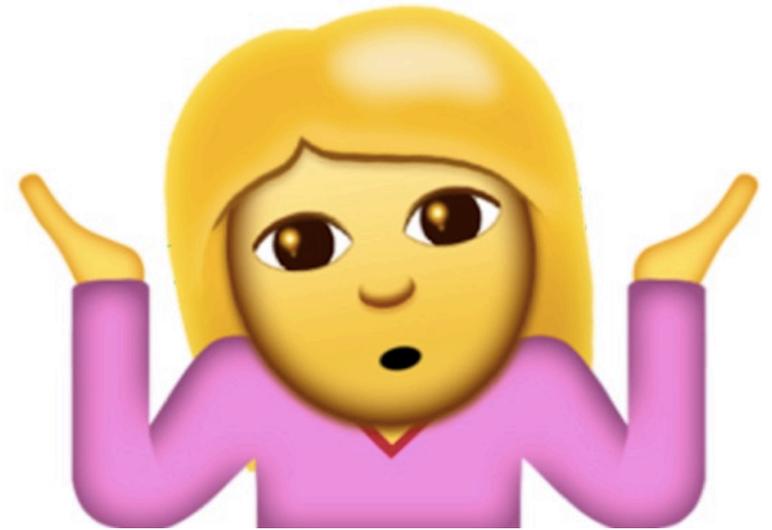
Contraception Care

- Ask about current/prior use of birth control
- “How important is preventing a pregnancy”
- Contraception guides/tools
- Refer to medical provider



IF YOUR CLIENT ANSWERS... UNSURE OR OK EITHER WAY

- The recommendations for information and referrals you need to give clients are the same:
 - Combination of contraception and preconception care
 - Discussion of relevant issues and health concerns



ONE KEY QUESTION®

- Focused on understanding clients' desires and providing follow-up care based on their response to the question
- Non-judgmental and equally supports people who want to become pregnant, who do not want, and those that are in the middle.
- Flexible! It can be used in a variety of settings including primary care practices, home visits, and more.

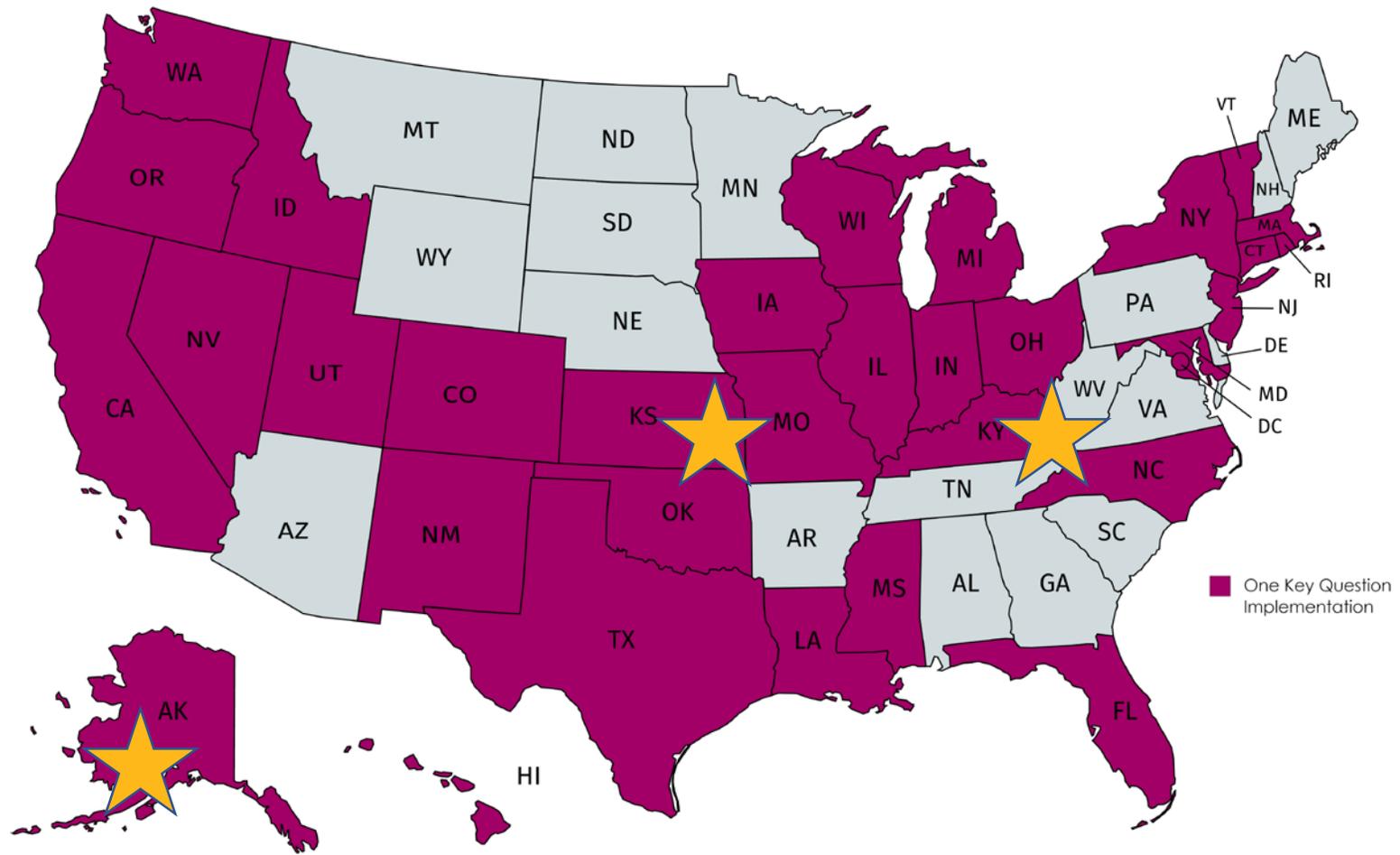
"Would you like to become pregnant in the next year?"



ONE KEY QUESTION[®] : RESEARCH

- There have been multiple pilot studies:
 - Provider and patient acceptability of question
 - Increase in contraceptive counseling, contraception prescriptions, and changing of methods
- Current OKQ study in Chicago
- Assess confidence levels and training in pre/post of surveys

ONE KEY QUESTION[®] IN COMMUNITIES



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RESOURCES FOR RURAL COMMUNITIES

BEDSIDER.ORG

The screenshot shows the Bedsider website homepage. At the top, there are navigation links: "Are you a provider? Visit Bedsider Providers", "Welcome! (Sign in or Create your account)", and "Español". Below this is the "BEDSIDER" logo and a menu with "birth control methods", "where to get it", "reminders", "features", and "questions". A search bar is also present. The main banner features a photograph of a pregnant woman's back and arms, with the text "Find a method that fits your body and your life." and a button "GO TO THE METHOD EXPLORER". Below the banner are three featured sections: "FRISKY FRIDAY" with the text "Fitness for fooling around: Goddess Pose" and a button "channel your inner deity"; "REAL STORIES" with a collage of four people's faces, the text "How do you protect against STIs? Before we had any sexual contact, we decided to go to the doctor together.", and a button "more real stories"; and "WEEK OF WELLNESS" with the text "5 ways to take action during National Women's Health Week" and a button "get on top of your health".

BCBenefits @ Bedsider

AT&T 1:31 PM 73%

bedsider.org

BEDSIDER | BCBenefits menu

it's official!
finally! we're making birth control easier to get

see if you qualify
Just answer a few quick questions, and see if you're eligible to get the birth control pill for free!

Location
11201 [find my location](#)

I certify I am 18 years of age or older. I accept the [Terms of Service](#) and [Privacy Policy](#).

[get started](#)

← see if you qualify ×

1. What's your yearly household income?

household income
\$ 33,500

We'll ask you to verify this later on. [learn more](#)

2. How many people are in your household?

1 (it's just me)

2

3

4

5

6

7

8

9 or more

← ×

Awesome, you're all set!

Method: Birth control pill
Free one-year supply, mailed to you

Health Provider: PRJKT RUBY
Free online birth control appointment

You'll be able to use your promo code to redeem your benefits:

promo code
BCBRuby10001A [copy](#)

Your promo code expires Feb. 20, 2019 (~30 days). [refresh promo code](#)

[get my birth control now](#)

[continue to profile](#)

RESOURCES

- State Policy Action Center - <https://powertodecide.org/what-we-do/access/state-policy>
- BC Benefits - <https://powertodecide.org/bcbenefits>
- Bedsider - <https://www.bedsider.org/>
- Before, Between, and Beyond - <https://beforeandbeyond.org/>

BRINGING OKQ TO YOUR STATE



- One day, in-person certification training and consultation packages
- Train the Trainer (TOT) training and consultation package
- Systems Integration and Licensing Packages
- Follow-up and Supplemental Training Modules

COMING SOON...

- Version 2 of the OKQ Provider Portal
- Distance learning opportunities

CONTACT INFO

One Key Question[®]

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POWER TO DECIDE

the campaign to prevent unplanned pregnancy

